

## Pain Self-Management Courses – Oct-Dec 2025

VENUE	DATES	TIMES
The Centre of Wellbeing 2-4 Foyle Road Derry/Londonderry BT48 6SR	Beginning on Tuesday 4 <sup>th</sup> November and continuing on the 11 <sup>th</sup> , 18 <sup>th</sup> and 25 <sup>th</sup> November and the 2 <sup>nd</sup> and 9 <sup>th</sup> of December	10.30 am – 1.00 pm
The Koram Centre 12 Railway Street Strabane BT82 8BG	Beginning on Wednesday 5 <sup>th</sup> November and continuing on the 12 <sup>th</sup> , 19 <sup>th</sup> and 26 <sup>th</sup> November and the 3 <sup>rd</sup> and 10 <sup>th</sup> December	7.00 pm–9.00 pm
Strule Arts Centre, Townhall Square, Omagh BT78 1BL	Beginning on Wednesday 5 <sup>th</sup> November and continuing on the 12 <sup>th</sup> , 19 <sup>th</sup> and 26 <sup>th</sup> November and the 3 <sup>rd</sup> and 10 <sup>th</sup> December	10.30 am–1.00 pm



# Managing the Challenge

of living with a long term condition

## Pain Self-Management Courses – Oct-Dec 2025

VENUE	DATES	TIMES
Remotely via Zoom	Beginning on Thursday 6 <sup>th</sup> November and continuing on the 13 <sup>th</sup> , 20 <sup>th</sup> and 27 <sup>th</sup> November and the 4 <sup>th</sup> and 11 <sup>th</sup> of December	7.00 pm–9.00 pm

“ I found the whole programme really informative, practical and easy to follow and I am applying different bits in my life, particularly trying to build up my strength and resilience – one step at a time. It has helped me to try to change my approach and to look at things differently and to work through the pain, or with it as much as possible ”

Julia after attending the Managing the Challenge Programme



Courses can be accessed by contacting your local Health Condition Support Group, Community Action Health Team, your GP or The Managing the Challenge Team:

Email [mtc@amh.org.uk](mailto:mtc@amh.org.uk) or call 028 66720673.



@amhNI

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Western Health  
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